

## **PROPOSED CLAIM AMENDMENTS**

1. (Currently amended) A woven exercise rug comprising:

a woven rug portion having an exercise surface, wherein said exercise surface has a first edge and a second edge, said second edge being substantially longer than said first edge; and

a plurality of contours located on at least a portion of the exercise surface of the woven rug portion, each said contour having a longest-longer dimension and a shorter dimension, as measured in a horizontal plane parallel to the exercise surface, the longest dimension of each of said contours is oriented substantially perpendicular to the second edge; longest dimension of said exercise surface, each said contour is substantially linear and substantially parallel to each other contour in the direction of said longest dimension, and, wherein said contours are sufficient to provide a user of the exercise rug an improved grip on the contoured surface portion of the exercise surface, relative to the user's grip on a non-contoured surface portion of the exercise surface.

2. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said exercise surface of the woven rug portion includes an upper portion, a lower portion and a central portion, and said contours are located in at least one of said upper and lower portions of the exercise surface of the woven rug portion.

3. (Previously presented) A woven exercise rug as claimed in claim 2, wherein an area of the central portion of the exercise surface of the woven rug portion is larger than an area of each of the upper and lower portions of the exercise surface of the woven rug portion.

4. (Previously presented) A woven exercise rug as claimed in claim 3, wherein the area of the central portion of the exercise surface of the woven rug portion is larger than the combined area of the upper and lower portions of the exercise surface of the woven rug portion.

5. (Currently amended) A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of ridges oriented substantially perpendicular to the ~~direction of the longest dimension~~second edge of the exercise rug.

6. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said exercise surface of the woven rug portion includes an upper portion, a lower portion and a central portion, and said rug comprises a plurality of ridges located in said upper portion of said exercise surface of the woven rug portion, and a plurality of ridges located in said lower portion of the exercise surface of the woven rug portion.

7. (Original) A woven exercise rug as claimed in claim 6, wherein the ridges are spaced at a predetermined distance from one another, and wherein the spacing between sets of ridges varies for at least two different sets of ridges.

8. (Previously presented) A woven exercise rug as claimed in claim 7, wherein said central portion of the exercise surface of the woven rug portion is free of contours.

9. (Original) A woven exercise rug as claimed in claim 1, wherein the contours are provided by one or more elements selected from supplementary wefts and supplementary warps, and wherein said supplementary wefts and warps are wefts and warps in addition to those required to provide structural integrity to the rug.

10. (Original) A woven exercise rug as claimed in claim 9, wherein the contours are provided by a plurality of supplementary wefts.

11. (Currently amended) A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of indentations oriented substantially perpendicular to the ~~direction of the longest dimension~~second edge of the exercise rug.

12. (Previously presented) A woven exercise rug as claimed in claim 11, wherein said exercise surface of the woven rug portion includes an upper portion, a lower

portion and a central portion, and said rug comprises a plurality of indentations located in said upper portion of said exercise surface of the woven rug portion, and a plurality of indentations located in said lower portion of the exercise surface of the woven rug portion.

13. (Original) A woven exercise rug as claimed in claim 12, wherein the indentations are spaced at a predetermined distance from one another, and wherein the spacing between sets of indentations varies for at least two different sets of indentations.

14. (Previously presented) A woven exercise rug as claimed in claim 1, wherein the contours are formed by a separate layer of material attached to the exercise surface of the woven rug portion of the exercise rug.

15. (Previously presented) A woven exercise rug as claimed in claim 14, wherein said exercise surface of the woven rug portion includes a upper portion, a lower portion and a central portion, and said rug comprises a separate layer of material attached to said upper portion of said exercise surface of the woven rug portion, and a separate layer of material attached to said lower portion of the exercise surface of the woven rug portion.

16. (Original) A woven exercise rug as claimed in claim 15, wherein the contours are spaced at a predetermined distance from one another, and wherein the spacing between sets of contours varies for at least two different sets of contours.

17. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said contours are substantially uniformly spaced across a portion of said one surface of the woven rug portion.

18. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said contours are substantially uniformly spaced across substantially all of said one surface of the woven rug portion.

19. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said contours are formed as bumps.

20. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said woven exercise rug is rectangular in shape.

21-22. (Canceled)